

Understanding The Cycle of Violence

For the Aggressor, Targeted Victims, Victims

Challenging Violent Thinking - (Teacher Version)

People who resort to violence --

See themselves as gaining power over other people

Use violence to control other people

Use violence to react to the wrongs in their lives

Believe that how they think, feel and act depends on what someone else does or says (“I got violent because of what you did or said.”)

Use expressions such as “he made me do it,” “I had no choice,” “I had no control,” “She had it coming.” “This is just the way I am,” “This is how it’s done in my family.”

Back to life stressors until the next time

Escalating Tensions

Glares, posturing, flying colors, runs their mouth, he said/she said, texts, myspace

Can things be stopped here? How?

Trigger Thoughts and Feelings

Can things be stopped here? How?

Consequences

What are the results of the violence? (Death, severe injury of any or all people involved, lock up for people involved, families devastated by the violence)

Violence continues because nothing is solved.



No Choice is a Choice

To think nothing
Ask nothing
Do nothing

Can things be stopped here? How?

Rage Building and Anger Exploding

Can things be stopped here? How?

Event/Problem is On

Violence against all people involved. Who does this include? (aggressors, targeted victims, bystanders, people trying to stop the violent act, small children watching... What about weapons?

Can things be stopped here? How?

Event/Problem Setup

When and where is the violence going to take place.

Can things be stopped here? How?